

# My Life Story



You've been asked to tell us your life story. In knowing more about you and your experiences, it will assist the Drug Court team in helping you on your recovery journey and achieving your goals. You are more than welcome to tell your story in your own words or in your own way but can also use this as a guide.

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## Yesterday

- Share the story of your childhood including where you grew up, some details about your family and a few of the life experiences that greatly impacted you (school, hobbies/sports, friends, culture/traditions/celebrations, health, community/neighborhood)
  - Share / describe a moment or event that you are proud of or is a happy memory.
  - Share / describe some challenges along the way and the personal strengths and/or supports that helped to overcome them.
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## Today

- What is your life like now? (relationships, children, interests, traditions, etc.)
  - Share the timeline of events or experiences that led you to drug court.
  - What do you value or believe to be important in life to yourself / your loved ones.
  - Name some of your strengths and some of your challenges
  - Who may support and help you in your journey?
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## Tomorrow

- Picture your ideal future after completing drug court. How will you and your life be different than currently?
- Complete the sentence: "It would make a difference in my life if I had....."